

**WHAT IS CLAIMED IS:**

1. A nutritional value determination, display and storage device, comprising:  
a scale for weighing foods;  
a computer having a microprocessor, one or more memory means and input means;  
data stored in at least one of the one or more memory means, the data including information on nutritional values of foods;  
a screen for viewing nutritional values of foods;  
whereby, when a portion of food is placed on the scale and the type of food is entered into the computer by the input means, nutritional values can be determined and displayed on the screen.
2. The nutritional value determination, display and storage device of claim 1, wherein the nutritional information determined is stored in one or more of the one or more memory means.
3. The nutritional value determination, display and storage device of claim 2, including means to add the nutritional information determined for one food to information determined for another food and storing the combined information in one or more of the one or more memory means.
4. The nutritional value determination, display and storage device of claim 2, wherein the nutritional information stored in one or more of the one or more memory means is assigned to one user.
5. The nutritional value determination, display and storage device of claim 4, wherein nutritional information for food for more than one user can be determined and can be stored in one or more of the one or more memory means such that each user can subsequently retrieve his data from storage.
6. The nutritional value determination, display and storage device of claim 4, wherein further

nutritional information can be determined and can be added to the information stored in one or more of the one or more memory means.

7. The nutritional value determination, display and storage device of claim 1, wherein the input means is a keyboard.

8. The nutritional value determination, display and storage device of claim 7, wherein the keyboard is a touch screen device.

9. The nutritional value determination, display and storage device of claim 1, wherein a tare function is included such that the weight of a container is not included in the calculations of nutritional values.

10. The nutritional value determination, display and storage device of claim 7 wherein the keyboard comprises means to control the mode of the device.

11. The nutritional value determination, display and storage device of claim 1, wherein the displayed values on the screen include indications of bread equivalents of the food.

12. The nutritional value determination, display and storage device of claim 1, wherein the displayed values on the screen include indications of general calories, calories from fats, carbohydrates, proteins, fat, saturated fat, fiber, sugars, cholesterol and sodium.

13. The nutritional value determination, display and storage device of claim 1, including means to move data stored in the one or more memory means to a second device.

14. The nutritional value determination, display and storage device of claim 1, including personal computer attachment means.

15. A nutritional value determination, display and storage device, comprising:  
a scale for weighing foods;  
a computer having a microprocessor, one or more memory means and a keyboard;  
data stored in at least one of the one or more memory means, the data including information on nutritional values of foods;  
a screen for viewing nutritional values of foods and for viewing mode and data entry of the device;  
the keyboard having data entry keys and mode changing keys;  
whereby, when a portion of food is placed on the scale and the type of food is entered into the computer by the keyboard, nutritional values can be determined and displayed on the screen the nutritional values being storable in one or more of the one or more memory means; and  
including means to add the nutritional information determined for one food to information determined for another food and storing the combined information in one or more of the one or more memory means.
16. The nutritional value determination, display and storage device of claim 15, wherein the nutritional information stored in one or more of the one or more memory means is assigned to one user.
- 17 The nutritional value determination, display and storage device of claim 16, wherein nutritional information for food for more than one user can be determined and can be stored in one or more of the one or more memory means such that each user can subsequently retrieve his data from storage.
18. The nutritional value determination, display and storage device of claim 16, wherein further nutritional information can be determined and can be added to the information stored in one or more of the one or more memory means.

19. The nutritional value determination, display and storage device of claim 15, wherein the keyboard is a touch screen device.
20. The nutritional value determination, display and storage device of claim 15, wherein a tare function is included such that the weight of a container is not included in the calculations of nutritional values.
21. The nutritional value determination, display and storage device of claim 15, wherein the displayed values on the screen include indications of bread equivalents of the food.
22. The nutritional value determination, display and storage device of claim 15, wherein the displayed values on the screen include indications of general calories, calories from fats, carbohydrates, proteins, fat, saturated fat, fiber, sugars, cholesterol and sodium.
23. A method of determining nutritional values of foods, comprising the steps of:
  - providing a scale for weighing foods;
  - providing a microprocessor and one or more memory means;
  - providing a screen, associated with the microprocessor, for display of nutritional data information;
  - providing general nutritional data for a number of foods within the one of the one or more memory means;
  - providing input means to identify a selected food to the microprocessor;
  - weighing a portion of food on the scale; and
  - entering a code associated with the weighed food into the microprocessor using the input means and viewing the nutritional value displayed on the screen.

24. The method of claim 23, including the step of providing means to store and subsequently retrieve the nutritional values displayed in one of the one or more memory means.

25. The method of claim 23, including the step of providing means to store and retrieve nutritional values displayed for one or more users in one or more of the one or more memory means.

26. The method of claim 23, including the step of weighing a second portion of food, determining the nutritional values of the second portion, adding those values to the values determined for the first weighed portion of food and displaying alternatively the summed values, and the individual values.

27. The method of claim 23, including the step of providing means to determine nutritional values of foods for one or more users.